METHOD #4: MOVE

TRY MOVING AROUND.

IT'LL MAKE YOUR BODY AND MIND ONE.
IF YOU DO A BIT OF EXERCISE,
YOU'LL FEEL THE EFFECT ON YOUR MIND TOO.

METHOD #6: STOP AND START AGAIN

SOMETIMES, IF YOU'RE HAVING TROUBLE FINISHING SOMETHING,

DON'T PANIC- TRY TO STAY CALM.
THINK ABOUT WHAT'S GOING ON
AND WHAT MIGHT HELP YOU GET THE JOB DONE.

METHOD #5: ONE AT A TIME

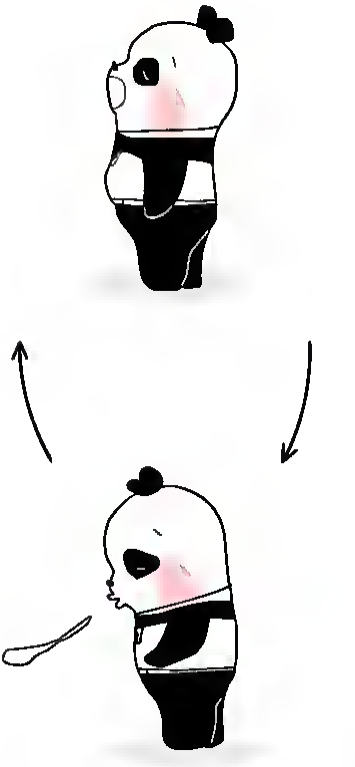
IF YOU'VE GOT A LOT OF WORK TO DO,
IT CAN BE EXTREMELY STRESSFUL.

TRY THINKING OF EACH TASK ONE AT A TIME,
JUST ONE AT A TIME.

PANDA ASKED PENGUIN HOW HE CAN INCREASE HIS WORK EFFICIENCY.

I'M ALWAYS BUSY ALL DAY, BUSY WITH WORK, BUSY HANDLING CUSTOMERS, AND I'VE GOT CLASSES AT NIGHT.

METHOD #1: TAKE DEEP BREATHS



WHEN YOU FEEL STRESSED,
TAKE A FEW DEEP BREATHS FIRST TO
CALM YOURSELF DOWN.

I THINK THESE'LL REALLY HELP ME!
THANKS FOR ALL THE GREAT TIPS!

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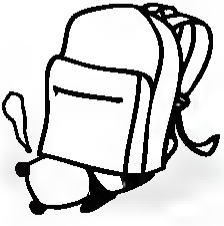
THE LIFE OF THE THREE BEARS



EPISODE 39

I FEEL REALLY TIRED LATELY, SO IT SEEMS LIKE THE MORE I WORK, THE LESS EFFICIENT I AM. HOW CAN I MAKE BETTER USE OF MY TIME, PENGUIN?

YOU'RE LIKE A LUMBERJACK WHO NEVER TAKES A BREAK. IF YOU JUST KEEP CHOPPING WITH YOUR AXE LIKE THAT, YOU'LL NEED A BREAK!

METHOD #3: SMILE.

NO MATTER WHAT THE SITUATION IS, REGARDLESS OF WHETHER IT'S A FAKE OR AWKWARD SMILE- MAKE YOURSELF SMILE. SMILES HELP THINGS GO BETTER.

METHOD #2: TAKE A LITTLE VACATION.

IT CAN HELP MAKE THINGS GO MORE SMOOTHLY IF YOU LEAVE THE ENVIRONMENT YOU'RE STRESSED IN SOMETIMES.